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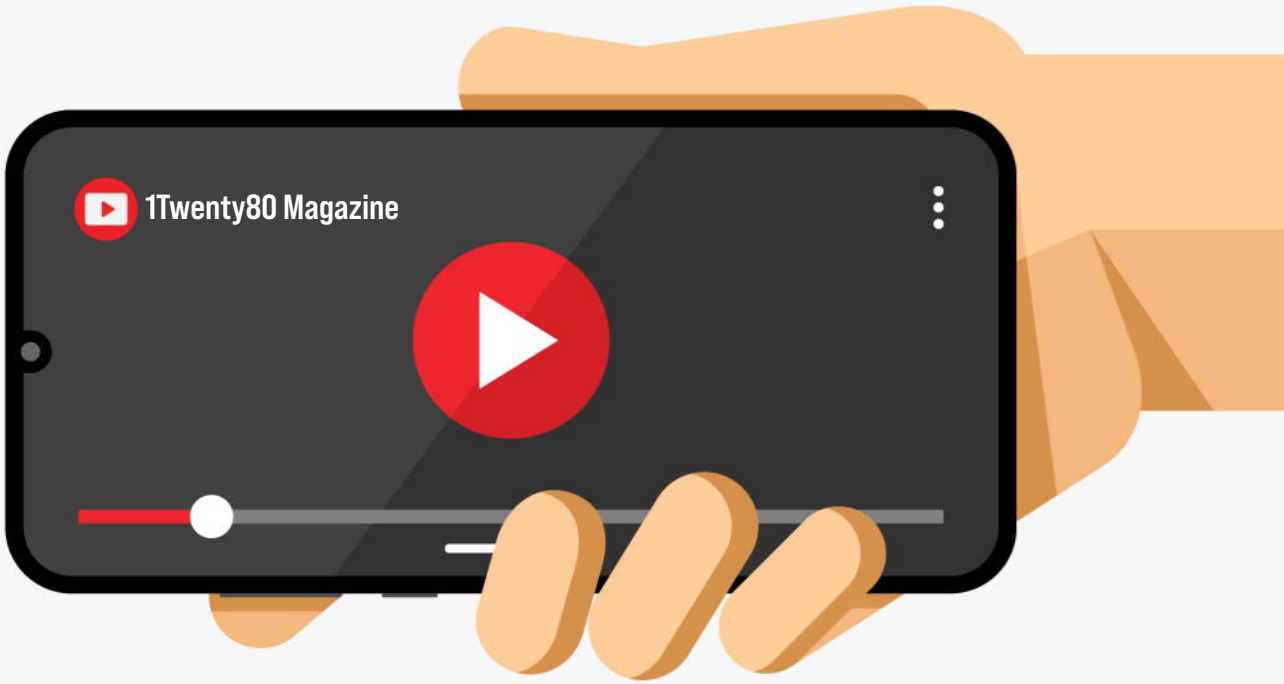

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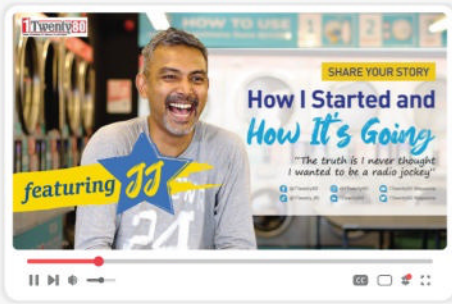

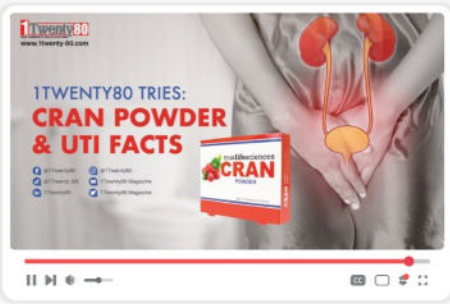

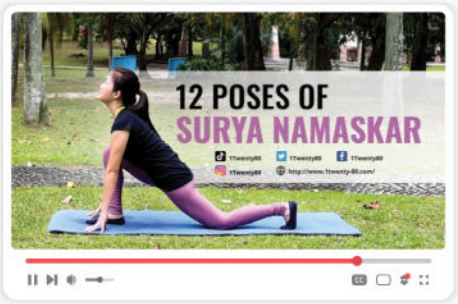

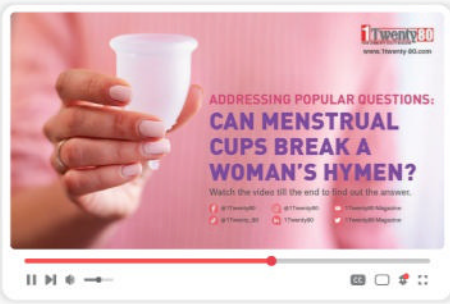

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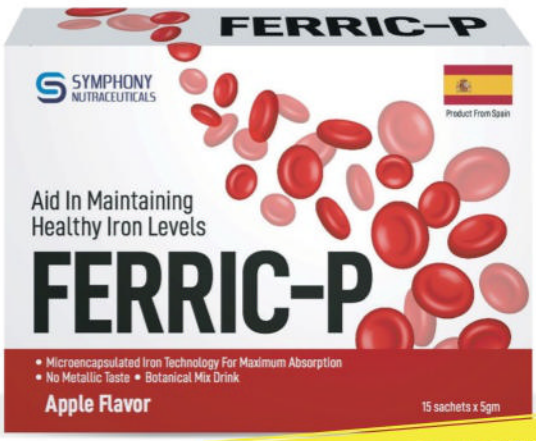

Consult your doctor today!

Common traditional iron tablets used such as **ferrous fumarate and ferrous sulphate** are known to increase iron status, but their major restriction is that it can cause unwanted side effects as mentioned above.

Ferrous Fumarate - Uses, Side Effects and More (2022). WebMD. https://www.webmd.com/drugs/2/drug-4129/ferrous-fumarate-oral/details
Synder, C. (2021 January 5). Ferrous Sulfate: Benefits, Uses, Side Effects, and More Healthline. https://www.healthline.com/nutrition/ferrous-sulfate#bottom-line

For more enquires please contact 03-76125476

SYMPHONY NUTRACEUTICALS

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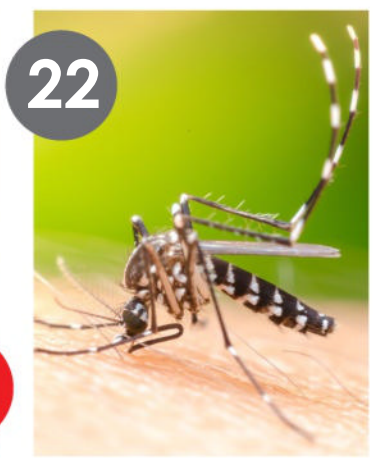

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EDITOR'S NOTE

Do you fall asleep and stay asleep with ease?

For some, the supposedly natural act of falling asleep can be a challenge and believe it or not, in the long run, no sleep or poor quality of sleep can affect your life in many ways.

Personally, I've taken sleep for granted during the days where my bedtime routine would be to simply unwind with some music, get comfy under a blanket and I'll soon doze off. Though, after becoming a parent, (which I'm sure every parent can relate to!), little to no sleep has become so normal. Unfortunately, this however, has affected me in many ways from my mood to decision-making and even concentration. There are days where I would seriously try and trade just about anything for some extra hours of shut-eye.

Though, I know that when I'm awake at 2.30 am and again at 4.30 am, I'm not the only one with eyes open in bed. Many are struggling to stay asleep too and it's not because of a baby. You do not need to be a parent to also have your sleep affected. There are many reason why your sleep is now scarce or you've poor sleep quality.

Understanding the importance of sleep and its effect on our physical and mental health, we've dedicated this month to discussing about this. The team at 1Twenty80 has struggled with sleep in one way or another and we know that we are not alone.

So, we hope that this issue will help you get your sleep quality back or at least bring you a step closer to it. Stay calm and read on. You've got this!

Till then, take care, stay safe and let's continue to inspire others to lead a healthier life!

Edeline

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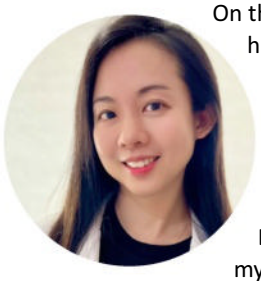
CAN SUPPLEMENTS BOOST LIBIDO?

Your sexual worries cleared

By Isabel Andrew



On the Internet, you may discover a hundred and one ways to boost your libido. Yet, how safe and effective are they? If you're looking for evidence-based aphrodisiacs, we got you. Hear from Jerhne Chew Mei Cheng, Director and Pharmacist of Smiles Pharmacy Sdn Bhd, to address one of health's biggest myths: Can supplements boost libido?

WHAT ARE LIBIDO AND APHRODISIACS?

Firstly, let's get a better picture of what 'libido' and 'aphrodisiac' means. Jerhne explains that "Libido is the sexual drive, urge or desire to have sex. It's a complex interaction between different neurotransmitters and hormones". Aphrodisiacs, she explains, are a type of food or drink that can enhance sexual arousal.

SHOULD YOU BE WORRIED IF THERE IS A DROP IN YOUR LIBIDO?

Jerhne clarifies that hypogonadism, which is a lack of testosterone produced by the testicles, is associated with an increased risk of developing metabolic syndrome and type 2 diabetes mellitus.

Men can experience various symptoms if their libido drops. According to Jerhne, the common symptoms include an increase in body fat, a decrease in muscle bulk, sleep disturbances, and a reduction in concentration.

CAN SUPPLEMENTS BOOST LIBIDO?

Yes, there are many supplements that could boost libido. Jerhne lists Ginkgo biloba, Yohimbine bark extract, Maca roots, Horny goat, Zinc, Egyptian Lotus, Damiana, Saw palmetto, Korean Ginseng root, L arginine, Tribulus Terrestris, Muira Puama, Tongkat Ali, Passion flower, Elk Antler Velvet, DHEA hormones, Fadogia agrestis stem, Ruta chalepensis, Eriosema kraussianum root, fenugreek, Vitamins E, B and D.

WHAT INGREDIENTS WOULD NEGATIVELY INFLUENCE ONE'S LIBIDO?

Jerhne notes that oral contraceptive hormones, ashwagandha, genistein in soy-rich foods, red clover and flaxseed have been linked to impaired libido, sexual performance and sexual vigour.

ARE THERE RISKS TO CONSUMING SUPPLEMENTS TO INCREASE SEX DRIVE?

Jerhne stresses that unlicensed food and herbal supplements to boost sexual functions pose serious threats and concerns to clinical and public health. Several substances have been shown to raise the risk of heart palpitations and gastrointestinal problems, in addition to inducing psychiatric illnesses such as anxiety, mood changes, hallucinations, mania, and addictive behaviours, adds Jerhne.

ARE THERE OTHER FOODS THAT AMPLIFY THE EFFICACY OF LIBIDO SUPPLEMENTS?

Jerhne recommends onion and garlic bulbs, nutmeg, black seed, thyme, ginger extract and oats as certified foods to add to your diet for an enhanced libido.

Jerhne leaves readers with three takeaways for an optimal sexual life: proper supplementation, a well-balanced diet and a healthy lifestyle. She also reminds readers to exercise caution and always seek professional advice.

This piece was an interview with a White Coat 360 pharmacist

7 SECRETS TO FASTER AND BETTER SLEEP

Good night, sleep tight!

By Isabel Andrew

Did you know that more than half of working Malaysians don't sleep enough? According to a report in the Asian Journal of Medicine and Health Sciences, 53 percent of Malaysia's workforce is getting less than the minimum of seven hours of sleep in 24 hours.

We're physically exhausted and mentally drained at the end of a long day. Yet it's hard to fall asleep and maintain good quality rest through the night. Sadly, sleeping becomes a chore.

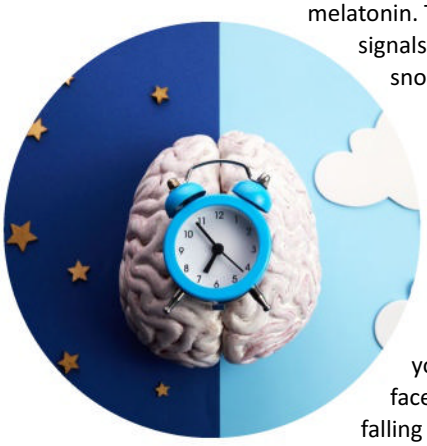
Well, all that is yesterday's nightmare because we're going to reveal seven secrets to sleeping faster and better at night.

WHAT'S A CIRCADIAN RHYTHM?

We bet you thought of sleep cycles at the mention of the circadian rhythm. You're right, so here's more about them.

Circadian rhythms play a major role in optimising bodily processes at various points during a 24-hour period. The sleep-wake cycle is one of the most critical functions of the circadian rhythm.

Our circadian rhythms align sleep and wakefulness with day and night. Light exposure from the Sun sends signals to the internal clock to help us stay alert and awake. When night falls, the internal clock generates the sleep hormone, melatonin. This transmits signals to help us snooze away.



So, it's pivotal that the circadian rhythms are properly aligned. Otherwise, you might face difficulty falling asleep and maintaining that sleep until morning. With disrupted sleep, you might find yourself holding your head up from nodding off at work or school.

Guess it's time to rethink before you binge-watch another season of a trending series!

HOW LONG SHOULD IT TAKE YOU TO FALL ASLEEP?

The amount of time it takes to fall asleep is called sleep latency or sleep onset latency. A healthy period typically ranges from 15 to 20 minutes. On the one hand, a longer sleep latency might indicate issues with sleep health. On the other hand, an extremely short period might be a sign of sleep deprivation.

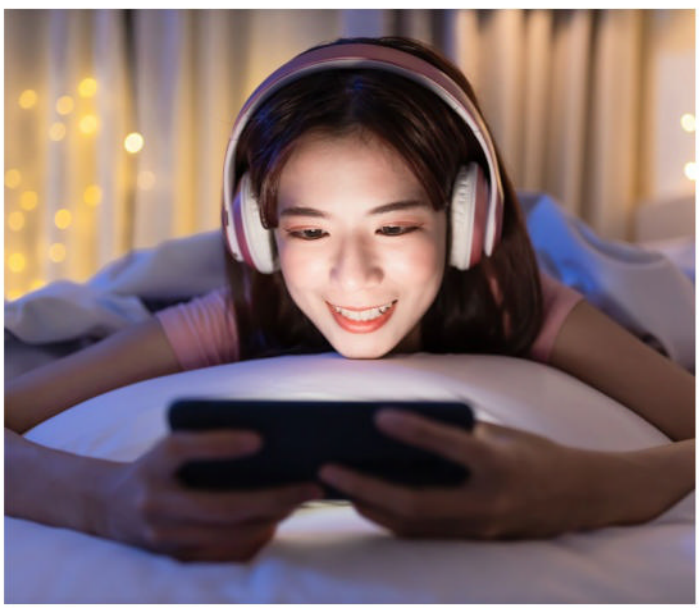
Experts state that for the average person with no sleep difficulties, you should be able to fall asleep within 10 to 20 minutes. However, this figure can vary depending on the nature of your daily routine and bedtime habits.

SEVEN SECRETS TO SLEEP FASTER AND BETTER AT NIGHT

Motivated to alter your sleep latency? Check out these seven secrets to sleep faster and better at night.

Secret 1:

WATCH WHAT YOU'RE WATCHING



The cliche hack to a good night's sleep is to stay away from electronic devices for at least two hours before bed. On the contrary, if you're immersed in late-night scrolling, that's okay too!

Just remember to be mindful of what you're doing. Tune in to some relaxing music or look up podcasts with calming sleep stories. The right kind of content can nudge your mind and body into a resting state and help you fall asleep quickly.

Secret 2:
EAT THE RIGHT FOODS

You are what you eat, and what you eat can affect how you sleep. Foods that are high in sugar, saturated fats and processed carbohydrates can disrupt your sleep. Some of them include:

SPICY FOODS
They can worsen acid reflux and cause heartburn when you lie down.

CAFFEINE
In coffee and chocolate, caffeine has a half-life of about five to seven hours. It's best to avoid it in the early afternoon.

ALCOHOL
You may have seen actors having a glass or two of wine before going to bed in many movies. Though it may aid with sleep onset due to its sedative properties, studies have shown otherwise.

Drinking to fall asleep can build a tolerance, forcing you to consume more alcohol each night in order to experience the sedative effects. One study in 2018 compared various amounts of alcohol and how it affects one's sleep quality. These are the results:

LOW AMOUNTS OF ALCOHOL
Having fewer than two servings of alcohol per day for men or one serving per day for women decreased sleep quality by 9.3 percent.

MODERATE AMOUNTS OF ALCOHOL
Having two servings of alcohol per day for men or one serving per day for women decreased sleep quality by 24 percent.

HIGH AMOUNTS OF ALCOHOL
Having more than two servings of alcohol per day for men or one serving per day for women decreased sleep quality by 39.2 percent.

So, if you have leftover chicken curry from lunch, let it stay in the fridge. Instead, pick up more plants, fibre and foods rich in unsaturated fats like kiwi, milk and nuts.

Secret 3:
TRY MELATONIN

If you're a night owl, you'll probably bid goodnight to the sunrise. You work all night and sleep all day. Though, what if you're a school student or a working adult? Work and school schedules aren't always the most accommodating. So if you're having a hard time getting enough sleep, you have a delayed circadian rhythm.

Overcome this nightmare by taking melatonin supplements. Melatonin is a light-sensitive hormone that occurs naturally in our body. Darkness signals your glands to start producing melatonin while in the light, production ceases. Speak to a sleep specialist before purchasing melatonin supplements.

Secret 4:

FIND YOUR STRESS-BUSTER

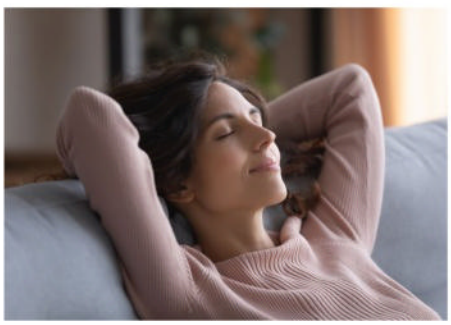
Stress is a major cause of delayed sleep. After all, how many times have you snuggled up in bed, only to lay awake for hours overthinking and ruminating?

Use relaxation techniques like:

MEDITATION VIA APPS OR ONLINE TUTORIALS

GUIDED IMAGERY

Begin by imagining a peaceful setting. Then take slow, deep breaths and focus on the sensory details in that setting. What can you see, hear and smell? Immerse yourself in that imagined space and let sleep take over.



READING

It's recommended that you go back to reading physical books. This is because the blue light that's emitted from electronic books can reduce your melatonin secretion. Thus, keeping you awake.

Secret 5:

CHANGE YOUR SURROUNDINGS

Sometimes, altering the environment you're in can really make a huge difference. If you haven't, give aromatherapy a shot.

Get an essential oil diffuser and a couple of scented oils like lavender, damask rose and peppermint. What about scented candles? Well, the commercially available ones were discovered to release volatile organic compounds like formaldehyde that may increase your cancer risk. But don't worry as there are now naturally scented candles made from coconut wax, beeswax, soy wax and more.

JOURNAL

Write down the things, people and events you're grateful and appreciative of. You can also find journals and templates that come with introspective questions for you to ponder. Practice this every night for 15 minutes and you'll find yourself more relaxed and happy!

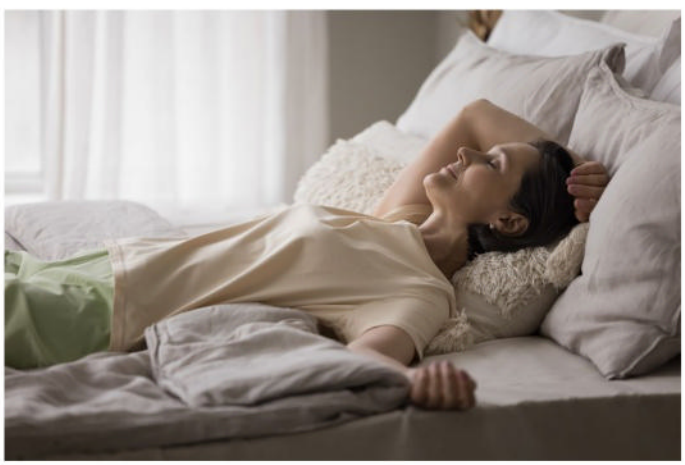
Secret 6:

PREPARE PHYSICALLY

Your body needs to know that you want to sleep. Why not give progressive muscle relaxation a try? It combines breathing techniques with muscle contractions and releases to alleviate bodily stress.

This process includes the following steps:

- Lie in bed, close your eyes, and begin slowly inhaling and exhaling deep breaths.
- Tense your face muscles for 10 seconds. Release the tension and take several deep breaths.
- Next, tense your shoulder muscles for 10 seconds before releasing. Inhale and exhale deeply.
- Repeat these steps for other muscle groups throughout your body, starting with your shoulders and continuing through to your feet.



Secret 7:

USE THE MILITARY METHOD

Military personnel live with inconsistent schedules and less-than-optimal sleeping conditions. So, they need to get rest quickly whenever possible. This military method is a technique developed to help soldiers achieve sleep in two minutes. Here's how you do it:

- Assume a comfortable position and relax each part of your face, such as your eyelids, jaw, lips, and brow.
- Allow your arms to rest at your sides, dropping your shoulders first.
- Begin taking deep breaths to relax your chest.
- Start relaxing your lower half, working your way from your hips down through each part of your leg to your feet.
- Visualise a peaceful setting to set your mind at ease. If you struggle to conjure relaxing images, repeat a simple phrase to yourself, like "don't think."

If you still have trouble falling asleep after making these changes, consider consulting a healthcare professional. There may be underlying issues they can help you with. Now that you know how to sleep faster and better, go get yourself comfy pyjamas and sweet dreams! ■

Sources: Medical News Today, Healthline, Sleep Foundation.Org, Cleveland Clinic, Ministry of Health Malaysia

NAP-TASTIC ADVENTURES

Doze off and let the dreams begin!

By Yasanthi Devi

In our fast-paced and demanding modern lifestyles, finding time to rest and rejuvenate has become increasingly challenging. Amidst this constant hustle, napping has emerged as a simple yet effective way to recharge both the body and mind.

Contrary to popular belief, napping is not a sign of laziness but a powerful tool that offers numerous benefits. This article explores the types of napping, advantages of napping, ranging from increased productivity and cognitive performance to improved overall health and well-being.

UNVEILING THE VARIOUS SNOOZE STYLES

Did you know? A brief nap in the afternoon after your lunch is thought to help with your digestion. The logic is that sleeping relaxes your body and this state of relaxation helps focus the energy on breaking down food and nutrient absorption.

By understanding the various types of naps, individuals can choose the approach that best suits their needs and maximise the desired outcomes. With that in mind, let's explore the different types of naps, their characteristics, and their potential advantages.

#1 POWER NAP

The power nap, also known as a catnap, is a short nap that typically lasts between 10 to 20 minutes. The power nap is like a speedy recharge for your batteries, giving you a jolt of energy and mental alertness. It's perfect for defeating the midday slump and boosting your productivity. It’s no surprise if you find yourself zapping through tasks with lightning speed after a power nap!

#2 APPETITIVE NAP

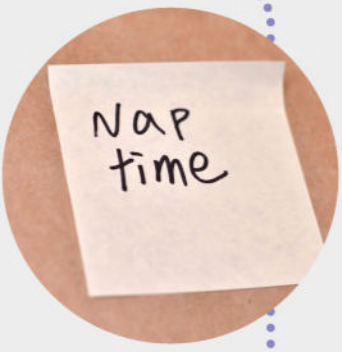
Picture yourself as a superhero with the ability to foresee fatigue and banish it before it even has a chance to strike. The appetitive nap is your secret weapon, taken for around 20 to 30 minutes before a demanding task. An appetitive nap is taken as a preemptive measure to prevent fatigue or sleepiness before engaging in an activity that requires sustained alertness. This type of nap is typically shorter in duration. Appetitive napping can help individuals feel refreshed and more attentive, ensuring optimal performance and safety during tasks such as driving, studying, or working night shifts.

#3 RECOVERY NAP

Recovery naps are longer naps that range from 60 to 90 minutes. Unlike power naps, recovery naps involve entering deep sleep stages, including Rapid Eye Movement (REM) sleep. These naps aim to provide physical and mental restoration, allowing for the consolidation of memories, enhanced creativity, and improved mood. When you wake up, it's like you've traveled to a parallel universe and returned rejuvenated and ready to conquer the world! However, recovery naps may lead to sleep inertia upon waking, which is a temporary feeling of grogginess.

#4 HABITUAL NAP

A habitual nap refers to a regular and scheduled nap incorporated into an individual's daily routine. This type of nap is typically taken at the same time every day, allowing the body to adjust and anticipate the rest period. Habitual napping can help regulate sleep patterns and promote overall well-being.



#5 EMERGENCY NAP

The emergency nap is an unplanned and impromptu nap taken in response to extreme fatigue or drowsiness. It is usually brief, lasting only a few minutes. Emergency napping can be a vital strategy for combating sleep deprivation during situations when individuals find themselves dangerously sleepy, such as when driving or operating heavy machinery. This nap comes to your rescue when extreme fatigue threatens to overpower you, providing a burst of energy to keep you going.

UNLOCKING THE MAGIC OF MIDDAY SNOOZING

Grab your pillow, fluff your blankets, and get ready to dive headfirst into the delightful realm of napping's wondrous benefits!

ENHANCES PRODUCTIVITY AND ALERTNESS

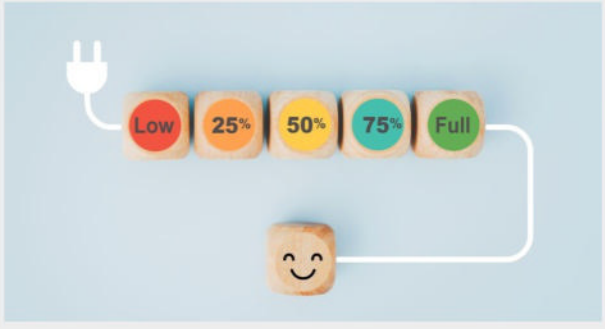
Numerous studies have shown that napping can significantly improve productivity and alertness levels throughout the day. A short power nap of around 10 to 20 minutes can help combat the post-lunch dip, commonly referred to as the mid-afternoon slump. By allowing the brain to rest and recover, napping promotes mental clarity and sharpness, boosting concentration, focus, and problem-solving abilities. This increased alertness can lead to heightened productivity and efficiency, enabling individuals to accomplish tasks more effectively.

HELPS WITH STRESS MANAGEMENT AND BETTER MOOD

Napping can be an excellent strategy for managing stress and improving overall mood. When we sleep, our bodies release endorphins and serotonin, neurotransmitters associated with feelings of relaxation, happiness, and well-being. By taking a nap, individuals can reset their emotional state, reducing stress levels and boosting their mood. Additionally, napping helps regulate cortisol levels, the hormone responsible for the body's stress response, further contributing to stress reduction and emotional balance.

IMPROVES COGNITIVE FUNCTION

Sleep plays a crucial role in sharpening memories and enhancing learning. Napping can facilitate this process by promoting the formation of new neural connections in the brain. Sleep experts suggest that a nap, particularly a longer one lasting 60 to 90 minutes, may improve memory, creativity, and the ability to retain information. These cognitive benefits make napping an invaluable practice for students, professionals, and anyone engaged in mentally demanding activities.



PHYSICAL RESTORATION AND ENERGY REPLENISHMENT

Fatigue and physical exhaustion can hinder performance, motivation, and overall well-being. Napping offers a way to combat these effects, providing a much-needed opportunity for the body to repair and recharge. During sleep, the body undergoes various restorative processes, including muscle repair, hormone regulation, and energy replenishment. Napping allows individuals to reap these benefits, promoting physical recovery, increased energy levels, and improved stamina. ■

Source: The Sleep Doctor, Sleep Foundation, Psychology Today (9 Different Types of Naps and Their Advantages

Tips for the perfect nap

Win a perfect nap with these simple tips for all to try!

#1
Find a safe and comfortable space

Create a cozy haven for your nap by finding a quiet and comfortable space. Dim the lights, adjust the room temperature to a pleasant level, and eliminate any distractions. Consider using earplugs, an eye mask, or soothing background sounds to enhance relaxation.

#2
Keep track of your nap time

Determine the ideal duration for your nap based on your needs and schedule. A short power nap of 10 to 20 minutes can offer a quick energy boost, while a longer nap of 60 to 90 minutes allows for deeper rest. Be mindful of the duration to avoid waking up feeling groggy.

#3
Choose the right time to nap

Choose the right time to nap to align with your body's natural rhythms. Mid-afternoon, between 1.00 pm and 3.00 pm, is an optimal time for many individuals as it coincides with the post-lunch dip in alertness. Avoid napping too close to your regular bedtime to prevent disruption of your night time slumber.

#4
Set an alarm

To prevent oversleeping and potential grogginess, set an alarm to wake you up at the desired time. This ensures that you reap the benefits of your nap without interfering with your daily routine or nighttime sleep schedule.

#5
A pre-nap routine may be helpful

A relaxing pre-nap routine helps the body to identify that it’s time to nap. Engage in calming activities such as reading a book, listening to soft music, or practicing deep breathing exercises. This helps relax your mind and body.

#6
Napping position matters

Experiment with different nap positions to discover what works best for you. Whether it's lying down on a bed, reclining in a comfortable chair, or even finding a cozy spot on a hammock, find a position that allows you to fully relax and drift into a peaceful slumber.

Big or small meals?

A tough question of quantity

By Isabel Andrew

Some prefer to eat smaller portions frequently, whereas some go for larger portions but fewer meals. Either way, we all end up with full stomachs. Scientifically, which is better? What's better, a set meal or à la carte?

We spoke to Rozanna M. Rosly, Clinical Dietitian with Avisena Women's and Children's Specialist Hospital to understand the advantages and disadvantages of both options.

1Twenty80:

What does a 'big eater' mean?

Ms Rozanna M. Rosly:

A big eater means someone who eats a lot. It can also mean someone who eats all the food on their plate or what is offered.

This term is very individualised and subjective to other factors. Some of the factors include the size of the plate, the portion of the food and the time taken to eat the food. The age, gender and environment the person was in (alone or in a group) also matter.

Additionally, there is the financial budget, appetite, snacking habits, work shifts and so on, that should be taken into account.

1Twenty80:

Does 'small eater' simply refer to a picky eater?

Ms Rozanna:

A 2015 review of studies from the 1990s found that choosy eating habits among kids were linked to several factors. These include personality traits, parental control at mealtime, social influences and more.

It's pivotal that children have a healthy relationship with food. Whether your child is small or big in size, trust that he or she is eating the right amount. Interfering with a child's eating habits can cause nervousness around food. Children would get turned off by food and tend to eat less when they get the chance.

You can try giving your child frequent meals and snacks throughout the day to keep his or her energy levels up. For young children, you can feed them according to their appetite and nutritional needs.

Similar to the Ministry of Health's Healthy Plate model, which emphasises the *Suku Suku Separuh* (or Quarter Quarter Half concept), your child's plate should look like this:

- Half filled with fruits and vegetables.
- A quarter filled with whole grains and carbohydrates.
- Another quarter filled with proteins.

Remember to also:

- Choose water.
- Be active.
- Ensure adequate sleep.
- Provide adequate calcium and vitamin D.

1Twenty80:

Is the concept of 'Quarter Quarter Half' (QQH) applicable to big eaters and small eaters?

Ms Rozanna:

The Healthy Plate concept serves as a motivation rather than a prescriptive tool to build balanced meals. Instead of defining a certain number of calories or servings per day from each food group, a Healthy Plate emphasises the quality of the diet at each meal.

Anyone can follow the important principles of a Healthy Plate and customise them according to their lifestyle, gender, age, physical activity, medical conditions and eating patterns.

1Twenty80:

There's a common belief that some small size people have a 'high metabolism' What are your thoughts on this?

Ms Rozanna:

Meal frequency does not affect metabolic rate and thus has no direct effect on weight loss.

One argument for eating several small meals throughout the day is that it keeps your metabolism revved. Your body uses energy to digest food, so the theory is that the more frequently you eat, the more calories your body is burning.

1Twenty80:

What are the advantages of eating small frequent meals?

Ms Rozanna:

Those who advocate for eating small, frequent meals suggest that this eating pattern can:

- Improve satiety, or feeling full after a meal.
- Increase metabolism and body composition.
- Prevent dips in energy.
- Stabilise blood sugar levels.
- Prevent overeating.

While a few studies support these recommendations, others show no significant benefit.

1Twenty80:

Who should consume small frequent meals?

Ms Rozanna:

The optimal timing of eating may depend on various factors unique to each individual.

Regardless, what is most important is the quality of food you eat, the proportion of nutrients you eat and understanding your behaviour and lifestyle. Do you binge if you go into dinner hungry?

If you find yourself so hungry by dinner time that you are eating an entire pack of *keropok* (chips) or tearing into a package of biscuits or chocolates, then more frequent smaller meals might be a better fit to prevent poor food choices and overindulging.

On the other hand, more eating occasions for others might just turn into more opportunities to overeat or rely on less nutritious convenience foods. If your smaller meals are not actually small or consist of processed or fast food, then you might want to stick to three meals a day.

So, people who experience early satiety, are trying to gain weight, have gastroparesis and have gastrointestinal symptoms such as nausea, vomiting, or bloating should consume small, frequent meals.

Either way, make sure to fuel up on whole foods including those that have high-quality protein, healthy fats, less added sugar and salt, fresh fruits and vegetables and high-fiber carbohydrates.

1Twenty80:

Who should consume fewer meals with larger portions?

Ms Rozanna:

Experts say that eating more frequently may be problematic for those who have trouble with portion control, known as stimulus-bound eating. This is when the sight of a specific food prompts you to eat it, which can lead to weight gain.

An “all-or-nothing person” may be better off with three meals per day, if a small snack quickly turns into a bigger one, as in the case of nuts or chips. Nuts can be a healthy snack option, but when you are unable to stop once you start eating nuts, that can be a problem.

The environment plays a role, too. If your office has a kitchen full of free snacks, it is a lot easier to go in and grab something instead of planning your own healthy meals and bringing them in. Working from home, with constant access to the kitchen, can present similar challenges.

Then there are others who just do not want to be bothered with making eating an all-day affair. Some just want to eat and get it done with, so they do not do well with small snacks. They are really busy, and they just do not have the time to deal with it, so those people may be better off with three meals per day.

So, people who may benefit from three larger meals per day include those who have difficulty practising portion control, those who tend not to eat mindfully, and those who may not have time to plan and prepare several nutritious mini-meals a day.

The bottom line is that either style of eating can offer health and weight-loss benefits. But what matters most is what will work for you.

1Twenty80:

How can one snack healthily in between meals?

Ms Rozanna:

It is widely accepted in modern culture that people should divide their daily diet into three large meals — breakfast, lunch, and dinner — for optimal health.

In recent years, however, experts have begun to change their perspective, suggesting that eating smaller, more frequent meals may be best for preventing chronic disease and weight loss.

So yes, it’s better to snack in between meals - healthily. Here are some options:

- Low-fat yoghurt.
- Corn or rice cakes.
- Dried fruit or nuts.
- Fresh vegetable.
- A slice of brown bread.

1Twenty80:

What’s better: Set meal or à la carte?

Ms Rozanna:

Ordering à la carte, means ordering 'according to the menu'; however, this means that you will be able to pick and choose exactly what you want from that menu rather than having it chosen for you as part of the restaurant's fixed set meal menu.

Going à la carte means that you can make every decision for yourself and it can be a good choice for selecting more variety and balanced choices.

Most importantly, you will have greater scope to experiment with what you are eating. You will be able to choose dishes from a large selection, and then decide which sides, garnishes, and drinks would best complement them.

Is one better than the other? Based on numerous studies, no substantial evidence supports one eating pattern over the other. Yet many of these studies also have limitations.

For example, there is no universally accepted definition of what a meal or snack consists of. This can have an impact on study outcomes. With that said, both eating patterns can be beneficial as long as the primary focus is on healthy eating habits. ■

DENGUE OUTBREAKS IN MALAYSIA: PAST, PRESENT, AND FORECASTED FUTURE

Navigating the Dengue crisis

By Yasanthi Devi

In commemoration of ASEAN Dengue Day earlier this year (15th June 2023), a remarkable alliance has emerged, uniting eight prestigious professional bodies, non-governmental organizations (NGOs), and esteemed medical experts who share a profound dedication to combating dengue. In light of that, these change-makers have come together to form Dengue Prevention Advocacy Malaysia (DPAM).

DPAM, Malaysia's first independent dengue prevention advocacy group, is jointly established and led by the Malaysian Paediatric Association (MPA), Malaysian Society of Infection Control and Infectious Diseases (MyICID), Malaysian Society of Infectious Diseases and Chemotherapy (MSIDC), and Malaysian Public Health Physicians Association (PPPKAM), in collaboration with the Malaysian Society of Parasitology and Tropical Medicine (MSPTM), Malaysian Medical Association (MMA), Asia-Pacific Academic Consortium for Public Health Kuala Lumpur (APACPH-KL), and Rotary International District 3300.

1Twenty80 had the opportunity to interview DPAM's Chairman, Professor Datuk Dr. Zulkifli Ismail to know more about DPAM's mission and the forecast of dengue in Malaysia.

1Twenty80:

WHAT FACTORS CONTRIBUTED TO THE SIGNIFICANT DECLINE IN DENGUE CASES DURING THE COVID-19 PANDEMIC?

Professor Datuk Dr. Zulkifli Ismail:

During the pandemic and lockdowns, movement and contact between people and mosquitoes were depleted. People stayed at home and were not exposed to the vectors. Construction stopped and there was limited contact between the breeding mosquitoes and construction workers. Every Asian country reported a decline in dengue cases during the pandemic except Singapore.

> DENGUE INCIDENCE TENDS TO SPIKE EVERY 4 TO 5 YEARS. WITH THE LAST OUTBREAK IN 2019, WE EXPECT TO SEE ANOTHER SPIKE IN 2023 OR NEXT YEAR.

1Twenty80:

WHY IS DENGUE MAKING A COMEBACK IN MALAYSIA NOW, DESPITE THE PREVIOUS DECLINE IN CASES?

Professor Datuk Dr. Zulkifli Ismail:

Dengue incidence tends to spike every 4 to 5 years. With the last outbreak in 2019, we expect to see another spike in 2023 or next year. There is a change in the dominant due to the immunity of the population over time. In the beginning, when the population is still naïve to a particular serotype, say DEN-2, there will be increased infection, disease, and deaths. With time and increased immunity, cases decrease and the serotype dwindles. Another serotype then becomes dominant such as DEN-4, and the population has not yet developed immunity against this new serotype. Hence, the cycle repeats itself every 4 to 5 years.

1Twenty80:

CAN YOU EXPLAIN THE REASONS BEHIND THE 158 PERCENT RISE IN DENGUE CASES FROM JANUARY TO EPIDEMIOLOGY WEEK-22 THIS YEAR, AND THE 183 PERCENT INCREASE IN THE DEATH TOLL COMPARED TO THE SAME PERIOD LAST YEAR?

Professor Datuk Dr. Zulkifli Ismail:

There are many factors for this to happen. The 4 to 5 year cycle is already due as explained earlier. The pandemic that limited contact between the mosquitoes and the public allowed the mosquitoes to breed and spread the virus. Now that there is contact between humans and the vector, the chance of contact between the two and transmission of the disease increases. I am sure there could be other reasons as well but these two are logical.

1Twenty80:

WHAT ARE THE MAIN CHALLENGES IN CONTROLLING AND PREVENTING DENGUE OUTBREAKS IN MALAYSIA?

Professor Datuk Dr. Zulkifli Ismail:

Dengue prevention involves controlling mosquitoes from reproducing and preventing contact with humans. The message of eliminating breeding places of the Aedes mosquito has been repeated by our Ministry of Health (MOH). Despite these, cases continue to increase. This message has to be intensified with buy-in from the public, developers, town planners, the media, and more. Enforcement also needs to increase. The main challenge is changing people's behaviour and also increasing people's health-seeking behaviour. For example, reaching out to health professionals for early diagnosis and treatment.

1Twenty80:

WHAT MEASURES AND STRATEGIES ARE BEING IMPLEMENTED TO ADDRESS THE CURRENT DENGUE OUTBREAK AND PREVENT IT FROM SURPASSING THE HISTORIC 2019 OUTBREAK?

Professor Datuk Dr. Zulkifli Ismail:

Public awareness that there is an outbreak is a start to make people realise there is a problem. This will hopefully get our public concerned enough to change their habits regarding environmental cleanliness. Consistent public education and engagement in all media will be intensified, especially social media. Regular messages in both traditional and alternative media will help to keep the message alive for the public to remember.

> THE MAIN CHALLENGE IS CHANGING PEOPLE'S BEHAVIOUR AND ALSO INCREASING PEOPLE'S HEALTH-SEEKING BEHAVIOUR.

Enforcement will continue for recalcitrant or ignorant members of the public. The government has also been releasing Wolbachia-infected mosquitoes that will produce defective larvae or make the mosquitoes sterile in certain areas and monitoring the effectiveness. This has been effectively implemented in Jogjakarta, Indonesia, and Singapore with convincing results of decreased dengue cases.

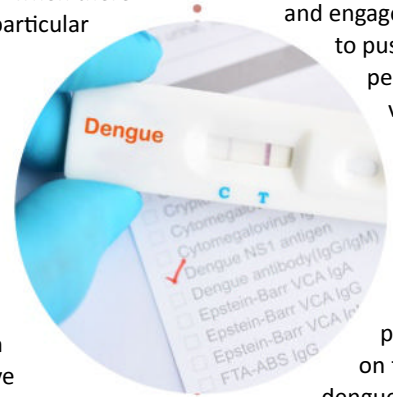
Another question to think about: What more needs to be done? Proper town planning to reduce high population densities and overcrowding, efficient drainage of drains and water-containing areas run by local councils, education on the use of mosquito repellents especially during dawn and dusk hours, increased use of larvaecides that can be distributed free by local councils or the government or sold at cheap prices. If there was a vaccine against dengue, this would help to reduce the infection and deaths thereof further.

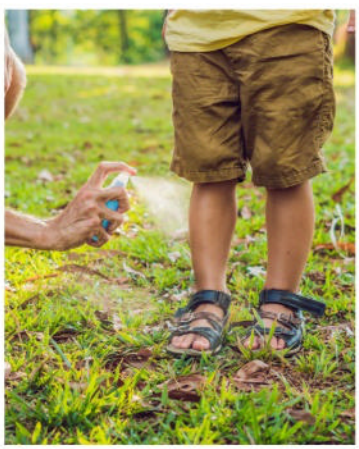
1Twenty80:

ARE THERE ANY SPECIFIC REGIONS OR AREAS IN MALAYSIA THAT ARE MORE SEVERELY AFFECTED BY THE CURRENT DENGUE OUTBREAK? WHY?

Professor Datuk Dr. Zulkifli Ismail:

The Ministry of Health has consistently been releasing 'dengue hotspots' when there are cases in any particular area. This is a dynamic exercise and there are no permanent areas. In any particular neighbourhood, if there are fogging activities going on, you can be sure there have been a case or a few cases of dengue in the area. It will then be a good time to go over all collections of stagnant water, no matter how small, and remove these mosquito breeding places. It may also be a good time to start using insect/mosquito repellents when doing gardening or other outdoor chores.





1Twenty80:

HOW DOES THE PROJECTED SURGE IN DENGUE CASES EVERY 4 TO 5 YEARS IMPACT PUBLIC HEALTH PLANNING AND RESOURCE ALLOCATION IN MALAYSIA?

Professor Datuk Dr. Zulkifli Ismail:

Being prepared will always help prevent severe outbreaks. Public spending and resources are the within purview of the MOH. I can provide insights into what DPAM intends to do. DPAM's strategy would be to increase public education and engagement using all media to push the message of personal responsibility in vector control, personal protection (use of mosquito repellents, larvaecides), early health-seeking behaviour, and engage with healthcare professionals and workers on the early detection of dengue using rapid test kits, detection of early warning signs of severe dengue, early and judicious referrals for admission, proper fluid management in treating severe dengue.

> IN ANY PARTICULAR NEIGHBOURHOOD, IF THERE ARE FOGGING ACTIVITIES GOING ON, YOU CAN BE SURE THERE HAVE BEEN A CASE OR A FEW CASES OF DENGUE IN THE AREA.

1Twenty80:

WHAT ROLE CAN THE PUBLIC PLAY IN PREVENTING THE SPREAD OF DENGUE FEVER AND REDUCING THE NUMBER OF CASES?

Professor Datuk Dr. Zulkifli Ismail:

The public has a major role to play in dengue control and prevention.

- The public has to take personal responsibility by ensuring their surrounding neighborhoods are free of mosquito-breeding sites. They have to actively look for and discard collections of stagnant water, use larvaecides to kill developing larvae, use mosquito repellents on themselves and family members if doing work outside and exposed to mosquitoes
- Neighbourhood associations, places of worship, and schools can organise regular *gotong-royong* to clear areas that have breeding places like blocked drains and these are highlighted in media to encourage others to follow.

- Early health-seeking behaviours are highly encouraged, such as seeking medical treatment when having a fever, getting a rapid test done, and properly monitoring and managing conditions upon diagnosis.
- Organise talks on dengue by local healthcare professionals to keep everybody alert about the outbreak, especially when there are cases within the neighbourhood.
- Doctors everywhere should start also using the diagnostic NS1 rapid test to detect early dengue and the price of these tests should come down to encourage more usage.

1Twenty80:

ARE THERE ANY NEW INITIATIVES OR TECHNOLOGIES BEING EXPLORED TO COMBAT DENGUE OUTBREAKS IN MALAYSIA?

Professor Datuk Dr. Zulkifli Ismail:

Many countries, Malaysia included, have introduced Wolbachia-infected mosquitoes. There are different strategies in using these but the essence is that these infected male mosquitoes will prevent the production of larvae that will survive to be fertile adult female mosquitoes.

These strategies have been shown to be effective in reducing the Aedes mosquito population and also the incidence of dengue in the community. The only drawback is the excessive cost.

A new vaccine against dengue has been developed and tested, pending approval here. Results from Latin America and our neighbouring countries have been encouraging with none of the serious complications of antibody-dependent enhancement (ADE) that were seen with natural secondary infection and a previous vaccine.

New more accurate diagnostic kits are also being tested and introduced. These will increase the specificity of the kits in detecting dengue early.

1Twenty80:

IN THE LONG TERM, WHAT ARE THE STRATEGIES AND ACTIONS NEEDED TO REDUCE THE IMPACT OF DENGUE OUTBREAKS IN THE COUNTRY?

Professor Datuk Dr. Zulkifli Ismail:

In the long term, the control of dengue will have to involve a combined effort of vector control, environmental control including town planning, modification of human behaviour through education and engagement, and also early detection and treatment of the disease.

This multi-pronged strategy is required due to the nature of this disease. The intermediate vector, the *Aedes aegypti* mosquito determines the spread of the disease so it is not as simple as smallpox, influenza, measles, or even Covid-19. The population mindset on environmental cleanliness and social responsibility needs to be inculcated to reduce the mosquito population and early treatment will reduce the viral load. The availability of a vaccine will help to reduce viral transmission too.

14 PLACES AEDES MOSQUITOES LIKE BREEDING IN:

1. Wheelbarrows
2. Elevator Shafts
3. Manhole
4. Piling Holes
5. Tractor Buckets
6. Cement Carrying Pails
7. Paint Barrels
8. Plastic Sheets, Bags and Canvases
9. Bricks
10. Drains
11. Old Boots
12. Safety Helmets
13. Water Tanks
14. Tyres

DO YOU THINK YOU COULD HAVE DENGUE FEVER?

Here are some signs and symptoms to look for:

DENGUE FEVER:

- Aching muscles and joints.
- Body rash that disappears and reappears.
- High fever (40°C) for up to a week.
- Intense headache.
- Pain behind the eyes.
- Vomiting and nausea.

DENGUE HEMORRHAGIC FEVER (SEVERE DENGUE):

- Bleeding from the mouth, gums or nose.
- Clammy skin.
- Internal bleeding that can result in black vomit and faeces.
- Abdominal pain.
- Small blood spots under the skin.
- Weak pulse. ■

Source: Department of Occupational Safety and Health

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NURTURING DENGUE RESILIENCE

A pharmacist's take on dengue recovery

By Yasanthi Devi

In a world where health crises can strike unexpectedly, the pursuit of innovative and holistic approaches to safeguard our well-being is paramount. Dengue, a mosquito-borne viral infection, continues to pose a significant threat in many regions, underscoring the importance of proactive prevention measures.

In this enlightening conversation, a pharmacist delves into the world of supplements and natural remedies, shedding light on their potential role and risks in dengue prevention. Read on as Nur Syafa Addina, a community pharmacist from Farmasi Ideal Kota Pendamar shares the do's and don'ts, things to look out for, and beneficial supplements for dengue recovery.

1Twenty80:

ARE THERE ANY SPECIFIC VITAMINS OR MINERALS THAT INDIVIDUALS RECOVERING FROM DENGUE FEVER SHOULD CONSIDER SUPPLEMENTING?

Nur Syafa:

Individuals in the process of recovering from dengue fever should prioritize obtaining essential nutrients through a well-rounded diet rather than relying exclusively on supplements. However, there are situations where

supplementation may be warranted, particularly in cases of deficiencies or inadequate dietary intake. It is crucial to seek guidance from a healthcare professional to assess specific needs and determine appropriate dosages. Here are some vitamins and minerals to consider:

IRON

Dengue fever can lead to anemia, making it important to include iron-rich foods like lean meats, fish, poultry, beans, and fortified cereals in one's diet. Healthcare professionals may prescribe iron supplements if needed.

VITAMIN B12

Essential for nerve cell maintenance and red blood cell production, vitamin B12 is present in animal products such as meat, fish, dairy, and eggs. B12 supplements may be prescribed in cases of deficiency.

CALCIUM

Vital for bone health and muscle function, calcium is available in dairy products, leafy greens, and fortified foods. Supplements may be necessary if dietary calcium intake falls short.

MAGNESIUM

With a role in muscle and nerve function, magnesium is present in nuts, seeds, whole grains, and leafy greens.

PROBIOTICS

Probiotic supplements may aid in restoring gut health, particularly if dengue has affected the digestive system. Yogurt and fermented foods are also natural sources of probiotics.

It's essential to underscore that supplementation should always be guided by a healthcare professional and tailored to individual requirements. Overconsumption of certain vitamins and minerals can have adverse effects. Furthermore, a well-balanced diet that incorporates a variety of nutrient-rich foods remains the most effective way to ensure sufficient vitamins and minerals during the recovery from dengue fever.

Consulting with a healthcare provider, including a registered dietitian, can help determine specific nutrient needs and establish a safe and effective recovery plan personalized to your unique circumstances.

1Twenty80:

HOW DO NATURAL INGREDIENTS OR HERBAL SUPPLEMENTS COMPARE TO PHARMACEUTICAL MEDICATIONS IN TERMS OF SAFETY AND EFFICACY FOR DENGUE FEVER MANAGEMENT?

Nur Syafa:

When it comes to addressing dengue fever, pharmaceutical medications are generally the favoured and scientifically validated approach. They have undergone rigorous testing to ensure both their safety and effectiveness. In contrast, natural ingredients and herbal supplements may offer potential benefits for symptom relief or immune support. However, their safety and effectiveness can vary significantly, and scientific evidence supporting their use is often limited.

Here's a comparison of natural ingredients/ herbal supplements and pharmaceutical medications concerning their safety and effectiveness in managing dengue fever:

SAFETY

PHARMACEUTICAL MEDICATIONS

Pharmaceutical medications designed for dengue management undergo thorough development and testing through clinical trials to guarantee their safety and efficacy. These medications are subjected to rigorous evaluation for potential side effects and adverse reactions. Healthcare professionals can prescribe suitable dosages and closely monitor patients for any adverse effects.

NATURAL INGREDIENTS/ HERBAL SUPPLEMENTS

The safety of natural ingredients and herbal supplements can vary widely. While some have a history of safe use with minimal side effects, others may carry risks of allergic reactions, interactions with medications, or unproven long-term safety profiles. Additionally, the purity and quality of herbal supplements can be inconsistent.

EFFECTIVENESS

PHARMACEUTICAL MEDICATIONS

Commonly used pharmaceutical medications for dengue-related symptoms, such as antipyretics like acetaminophen (paracetamol), are highly effective in alleviating symptoms. They can be administered under medical supervision. In severe cases, hospitalization, and supportive care, including intravenous fluids and blood component transfusions, may be necessary.

NATURAL INGREDIENTS/HERBAL SUPPLEMENTS

The effectiveness of natural ingredients and herbal supplements in managing dengue fever is often based on traditional knowledge and anecdotal evidence. Scientific research supporting their efficacy is generally limited and may not meet the rigorous standards of pharmaceutical clinical trials.

EVIDENCE

PHARMACEUTICAL MEDICATIONS

Pharmaceutical treatments for dengue fever are supported by a substantial body of scientific research and are endorsed by health organizations and professionals worldwide.

NATURAL INGREDIENTS/ HERBAL SUPPLEMENTS

Scientific evidence backing the use of natural ingredients and herbal supplements for managing dengue fever is frequently lacking or inconclusive. Many of these remedies have not been subjected to rigorous clinical trials.

SPECIFICITY

PHARMACEUTICAL MEDICATIONS

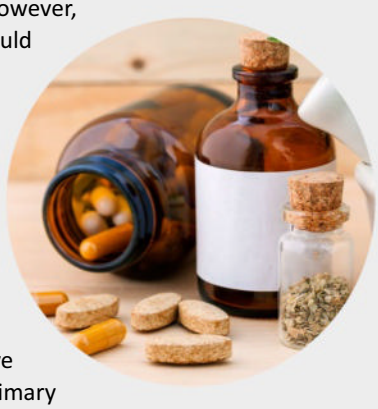
Pharmaceutical medications are designed to target specific symptoms and complications associated with dengue fever. This tailored approach makes them highly effective for symptom management and treatment.

NATURAL INGREDIENTS/ HERBAL SUPPLEMENTS

Natural remedies often adopt a holistic approach and may not directly target the virus responsible for dengue fever. While they may provide relief from certain symptoms, they should not be viewed as a substitute for medical care, especially in severe cases.

Pharmaceutical medications are the cornerstone of dengue fever management, especially in severe instances. They are well-researched, effective, and closely monitored by healthcare professionals. Natural ingredients and herbal supplements can be considered complementary or supportive measures for symptom relief and immune support. However, they should never replace medical treatment.

Natural ingredients and herbal supplements can be contemplated as complementary strategies alongside conventional treatments for dengue fever. However, their utilisation should be approached with care and supervision from a healthcare provider. Conventional medical treatments, such as antipyretics for fever and supportive care, remain the primary approaches for managing dengue fever. Complementary therapies should be employed to enhance comfort and overall well-being during the recovery process, serving as adjuncts to conventional care.



If you suspect you have dengue fever, it is crucial to promptly seek medical attention for an accurate diagnosis and guidance on suitable treatment and management options. Always consult with a healthcare professional before using any natural remedies or supplements, as they can potentially interact with medications or pose risks, especially in the context of a serious illness like dengue.

1Twenty80:

WHAT PRECAUTIONS SHOULD INDIVIDUALS TAKE WHEN USING NATURAL INGREDIENTS OR HERBAL SUPPLEMENTS ALONGSIDE MEDICAL TREATMENT FOR DENGUE FEVER?

Nur Syafa:

When integrating natural ingredients or herbal supplements into your dengue fever treatment alongside medical care, it's vital to take several precautions to ensure safety and prevent potential interactions or complications. Here are some important safety measures to bear in mind:

CONSULT WITH A HEALTHCARE PROFESSIONAL

Before commencing any natural ingredients or herbal supplements as part of your dengue fever treatment, always consult with a healthcare provider. They can evaluate your specific circumstances, offer personalized recommendations, and mitigate potential clashes with other medications. Complete transparency is pivotal to avoid potential conflicts with prescribed treatments.

QUALITY AND PURITY

Opt for supplements from reputable sources to guarantee their quality and purity. Some supplements may contain impurities or contaminants that can pose harm.

MONITOR FOR ADVERSE EFFECTS

Exercise vigilant observation of your body's responses when employing supplements. If you encounter any adverse effects, such as allergic reactions, digestive disturbances, or unusual symptoms, discontinue the use of the supplement and promptly seek medical attention.

MAINTAIN CONVENTIONAL TREATMENTS

Natural ingredients and herbal supplements should never supplant or interfere with prescribed medical treatments for dengue fever. Traditional treatments, encompassing fever-reducing measures and supportive care, constitute the primary approach to managing the ailment.

AVOID RISKY PRACTICES

Avoid unverified or risky practices, such as extreme fasting, overly restrictive diets, or the utilization of untested herbal remedies. These practices can be detrimental to your well-being.

REGULAR FOLLOW-UP

Persist in adhering to scheduled follow-up appointments with your healthcare provider. They can track your progress, adjust your treatment strategy as necessary, and address any concerns that arise. ■

5 Key Hurdles in Women's Ageing Process

Experience the goodness of Estaben

By Yasanthi Devi

Ahoy, fearless explorers of the ageless realm! The journey through the land of time has its share of obstacle courses, and for the marvelous women setting sail in this adventure, we've charted the top challenges on the map: saggy skin, sensitive skin, genital dryness, hemorrhoids, and varicose veins.

Fear not, for every hurdle is a chance to channel your inner warrior princess. So, unsheathe your sword of knowledge, and let's set sail on a voyage, arming you with remedies and tricks to conquer these challenges and emerge victorious in the timeless quest of graceful aging!

#1 Varicose veins

Varicose veins are like roadblocks in the body's highway of circulation. As women age, the wear and tear on veins, combined with hormonal shifts, can lead to these veins becoming enlarged and twisted. Think of it as a sign that the blood highways need a bit of maintenance.

Although varicose veins are generally not a major health risk, they can cause discomfort and affect the appearance of the legs. Seeking medical advice and considering treatment options can provide relief and improve daily comfort.

Causes of varicose veins

- Pregnancy
- Weight gain
- Standing for long periods
- Sitting too much

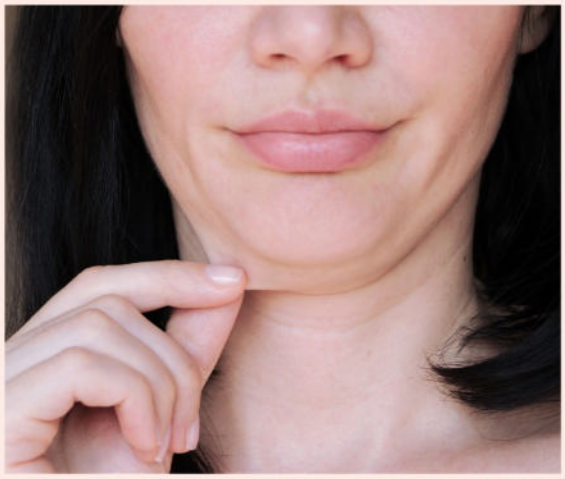
Meet EstaVein Gel

Introducing EstaVein, a refreshing and soothing leg gel. It's crafted to provide relief, tone, and rejuvenation for tired, burdened legs. This innovative formula combines the power of Calendula, Salvia, and Hypericum with olive leaf extract, working in harmony to offer a revitalizing experience.

Esteemed for its refreshing and soothing properties, EstaVein Gel is meticulously formulated with elevated concentrations of flavonoids. These bioactive compounds work synergistically to bring instant relief to varicose veins by enhancing venous tone and elasticity, ultimately optimising blood flow within the legs.

#2

Saggy skin



As women age, our skin gradually loses its youthful tightness and resilience. Think of it like a favorite sweater that has been stretched out a little over time. The decrease in collagen and elastin production plays a key role in this process.

Saggy skin is a natural part of the aging journey, and while we can't turn back the clock, we can embrace healthy habits like staying hydrated, eating well, exercising, and following a good skincare routine to keep our skin as firm and vibrant as possible.

Causes of saggy skin

- Weakened muscles
- Dehydration
- Sun exposure
- Reduced collagen

Meet EstaFirm

Estaben's EstaFirm is a natural body-firming and lifting cream. It offers a solution for firming wrinkled and sagging skin while effectively reducing stretch marks, especially around the breast and other areas. Its meticulously crafted formula combines the nourishing power of olive oil with natural herbal extracts like hypericum and spearmint.

This unique blend revitalizes and rejuvenates connective tissues, promoting skin elasticity and restoring a youthful appearance. Enriched with potent antioxidants, this cream forms a protective shield against premature aging, ensuring your skin remains youthful and toned.

#3

Genital dryness

As women level up in the game of life, their bodies throw in a little plot twist called aging. This involves changes in the hormone department. Hormonal changes, especially during menopause, can lead to a reduction in vaginal moisture. This is commonly known as vaginal dryness. It's like your body's way of reminding you that it's changing its game plan.

This can happen during menopause when the estrogen takes a dip. But worry not! There are magical potions (like creams and treatments) to sprinkle back that much-needed hydration.

Causes of genital dryness

- Hormonal changes
- Harsh soaps
- Stress
- Excessive alcohol consumption

Meet Esta-AV Cream

Estaben's Esta-AV cream is a carefully crafted soothing, moisturising, and protective body cream. Its solution is infused with the goodness of phytoestrogens, olive oil, and natural herbal extracts including Vitex Agnus Castus, Calendula, and St. John's Wort.

Esta-AV cream empowers by fortifying the vaginal epithelium and replenishing vital moisture in the intimate area, alleviating symptoms commonly associated with atrophic vaginitis. Experience the embrace of lasting comfort and rejuvenation with Estaben Esta-AV cream, designed to nurture and restore.

#4

Sensitive skin

Imagine your skin as a delicate canvas. As women age, this canvas becomes more sensitive to the elements, like wind on a breezy day. It's like the skin is whispering, "Handle with care, please!"

Time doesn't always play nice. As we age, our skin's defense mechanisms weaken, making it more susceptible to irritations, redness, and dryness. But fret not! With gentle skin care and mindful choices, we can provide that tender care our skin craves.

Causes of sensitive skin

- Hormonal changes
- Reduced collagen
- Harsh weather
- Pollutants

Meet EstaSooth Cream

EstaSooth calms sensitive skin by soothing itches and further shielding sensitive skin. Crafted with a blend of Calendula and Hypericum infused with nourishing olive oil, EstaSooth extends a soothing embrace, boasting both anti-bacterial and anti-inflammatory properties.

EstaSooth also helps soothe the intimate skin & provides a sense of relief to the intimate area, aiding the maintenance of vaginal health.

#5

Hemorrhoid

Imagine your backside as a sturdy castle gate. As women age, these gates tend to weaken, becoming more susceptible to a condition known as hemorrhoids. Hemorrhoids are like unwelcome guests, causing discomfort and irritation. They occur when the veins around the rectum or in the anus swell due to various reasons, including age.

Good nutrition, adequate hydration, regular exercise, and timely medical attention can help manage and prevent these unwelcome guests, allowing you to maintain a comfortable seat on your metaphorical throne.

Causes of hemorrhoid

- Weakening tissues in the rectum and anus
- Pregnancy
- Constipation
- Regular lifting of heavy items

Meet EstaRoid

Estaben EstaRoid cream offers a soothing and moisturising solution for hemorrhoid relief. Enriched with the essence of natural herbal extracts including Calendula, Hypericum, and Salvia. EstaRoid aims to provide effective relief from the symptoms of proctitis and 1st or 2nd-degree hemorrhoids.

Ladies, we hope this article helped provide some insights on common aging obstacles. Remember ageing is a natural part of life and Estaben echoes this in its range with natural ingredients. Cheers! ■

Source: Mayo Clinic, Wellesta Truelife

Estaben

A RELIABLE NATURAL PHYTOTHERAPY CARE FOR WOMEN

ORGANIC
Natural herbs sourced and harvested from certified organic fields

No synthetic hormone or steroid

NATURAL EXTRACTION PROCESS
Maintain high anti-oxidative activity

EVIDENCE-BASED EFFECTIVENESS
Effectively improves discomfort with the use of natural herbs

Product from GREECE

NOW AVAILABLE AT WHITE COAT 360 INDEPENDENT PHARMACIES

Wellesta truelife

Untangling 3 queries on combs and brushes

A man's guide to hair necessities

By Isabel Andrew

Marlon Brando and John Travolta have done it. Whipping out a comb from your back pocket and swiftly running it through your hair is probably the ultimate suave move for a guy. More than just style, the comb remains one of the trustiest tools a man can carry with him.

Who doesn't love a good hair day? So, here's the lowdown on three queries about combs and brushes for the lads.

What type of brush and comb should I get?

The general rule for choosing the right brush for you is, "The closer together the bristles are, the better they are for fine hair. The farther apart they are, the better they are for thicker hair".

Brushes are great for distributing men's hair products evenly. However, they don't allow for precision styling. Thus, those with long hair will find brushes more beneficial to achieve a 'loose' look.

On the other hand, combs do wonders for styling. Thanks to their teeth, you can easily style your hair and get those sharp, crisp lines for a more dashing look.

Therefore, many men prefer owning both a brush and a comb for a more defined appearance. Material matters too, so consider how the material of your hair tools can make a difference to your overall look:

- **PLASTIC:** Often leads to static.
- **RUBBER:** Use on wet hair.
- **WOODEN:** Use on dry hair.

Should I use a comb before or after drying my hair or applying a product?

Leaving too much product sitting on top of your hair can weigh it down over time. Plus, it's just a waste of precious stuff. A comb is best used on wet styles or after applying a lighter and creamier product. Running a comb through your hair a couple of times will leave you with an even application and a natural finish.

Can I use a comb on my beard?

You could use a long-toothed comb to dig deep and relieve knots. Alternatively, you can give brushes a try. There are brushes dedicated to shaping your beard to avoid any breakage in facial hair, remove knots as well as isolate rogue strands for easier trimming.

Sources: Art of Manliness, GQ Magazine, L'oreal Paris USA, Real Men Real Style

www.aquarias.my

Aquarias.my | Shopee | Lazada | PG Mall : Aquarias.os

Owned by: Pharmpotic Sdn. Bhd.

5 HOME EXERCISES FOR POSTPARTUM MOTHERS

Why getting back to fitness is crucial

By Isabel Andrew

Does it feel like just yesterday when you and your partner celebrated those two lines on the window of your pregnancy test? Time just seems to fly by so quickly, doesn't it? Now that your baby is in your hands, you and your body have a new set of changes to encounter. One of the most crucial of them is getting back to fitness. So how do new mums bounce back after having their babies?

We got curious and spoke to Shin Loh, an ACE-certified personal trainer, a Pre/Post Natal fitness specialist, and the cofounder of B Studios Fitness, a kid-friendly fitness studio for mummies! Go on, give it a read.

Before diving into our conversation with Shin, let's get on the same page on some widely used pregnancy terms:

POSTPARTUM

'Post' means after and 'partum' in Latin means to give birth. Therefore, postpartum is the period after a woman gives birth, and it's used to refer to the mother. The synonyms of postpartum are puerperium and post-pregnancy.

POSTNATAL

'Natal' refers to the action of being born. The term 'postnatal period' is used to refer to a newborn baby.

1Twenty80:

WHAT IS THE POSTPARTUM PERIOD?

Shin Loh:

The postpartum period is actually the fourth trimester, which begins from a baby's birth until 12 weeks after (when the baby turns three months old). Both parents and baby are slowly settling into their new lives.

A mother's body is recovering. Hormones are fluctuating, organs are returning to their original placements, breastmilk production will increase, and some postpartum bleeding will occur.

1Twenty80:

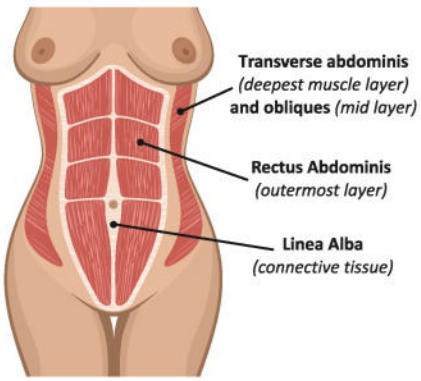
HOW WILL A MOTHER'S BODY CHANGE DURING AND AFTER PREGNANCY THAT WILL AFFECT THEIR WORKOUT ROUTINE?

Shin:

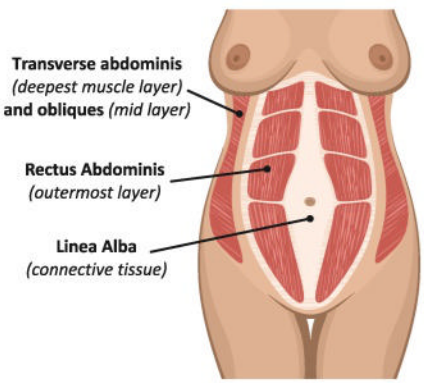
During pregnancy, a mother's body goes through a myriad of changes to make way for the new life growing inside. Their ligaments loosen, and pelvic floor muscles stretch and weaken. The body's centre of gravity will also change as it accompanies postural shifts. Mothers are also vulnerable to diastasis recti or abdominal separation.

Such changes may not only frustrate mothers, but also predispose them to

injuries or tightness in the lower back, shoulders, neck and hips. Therefore, it's important that mothers look into core restoration and reconnection after delivery before returning to their pre-pregnancy workout routine.



NORMAL ABDOMEN



DIASTASIS RECTI

Diastasis recti is the separation of the abdominal muscles during and after pregnancy. As your uterus expands during pregnancy, the abdominal muscles stretch. The linea alba, which is a band of connective tissues, becomes thin and pulls apart. Upon delivery, the highly elastic linea alba will heal and retract to its original place.

However, when the tissues lose their elasticity from being overstretched, the gap in the abdominals will not close as much as it should. This is diastasis recti.

It is extremely common in those who are pregnant and during the postpartum period. Over time, this can lead to pain in other areas of the body (particularly the back, hips or pelvis).

1Twenty80:

WHY IS IT IMPORTANT FOR MOTHERS TO GET FIT POST-PREGNANCY?

Shin:

To be functional! Whether it's for holding onto baby carriers, carrying their kids or running around after them. We also believe that self-care is important for all mothers, and taking care of one's health postpartum should also be a priority.

1Twenty80:

WHAT ARE SOME SIGNS THAT INDICATE THAT POST-PARTUM MOTHERS SHOULD START EXERCISING?

Shin:

One of the most prevalent symptoms is a weaker pelvic floor, which can cause urine leakage, especially while laughing or sneezing. Besides that, mothers may also experience tightness in the lower back, shoulders, neck and hips, as well as poor posture and diastasis recti.

1Twenty80:

WHEN CAN MOTHERS START EXERCISING?

Shin:

Generally, mothers can start exercising four weeks after a natural delivery and six to eight weeks after a cesarean delivery. Gentle breathing and pelvic floor exercises, on the other hand, can be done immediately after birth. When done correctly, breathing exercises not only help to reduce stress but are also a very powerful tool for core and pelvic floor restoration.

1Twenty80:

IS IT IMPORTANT TO GET CONSENT FROM THEIR DOCTORS?

Shin:

Yes, we normally recommend that mums get clearance from their doctors before starting to exercise to avoid any possible complications.

1Twenty80:

WHY IS IT IMPORTANT FOR MOTHERS TO SUPPORT EACH OTHER DURING THE POSTPARTUM PERIOD?

Shin:

The postpartum journey can be overwhelming, and no one can understand a mother better than another mother. We all go through similar struggles and challenges with our new postpartum bodies and babies.

On top of having a new baby to take care of, many new mothers face sleep deprivation, lactation problems and other hormonal issues. Therefore, it's always helpful to have a group of mummies that can offer empathy, reassurance and support.

1Twenty80:

HOW CAN DADS SUPPORT THEIR PARTNERS POST-PREGNANCY?

Shin:

Fathers play a significant role in providing postpartum assistance to mothers. It is critical for spouses to realise the value of 'self-care' for their partners. Allow them to 'refill their cups' by providing them time to exercise, read, meditate, or simply breathe and relax. In addition, be a physically and emotionally supporting figure.

1Twenty80:

WHAT SAFETY HAZARDS SHOULD MUMS BE AWARE OF?

Shin:

Newly postpartum mummies should be careful not to overstretch due to the hormone called relaxin. Mummies are more prone to spraining or overstretching muscles during physical activity when they're still pregnant, and this can seriously jeopardise their joint health. It could take another five months after having the baby for relaxin levels to stabilise.

Relaxin is a reproductive hormone produced by the ovaries and placenta. It functions to:

- Allows the body to stretch during pregnancy by loosening and relaxing muscles, joints and ligaments.
- Prepares the body for delivery by loosening the muscles and ligaments in the pelvis.

Thus, making mothers more susceptible to injuries. So, it's pivotal for mothers to be cautious when exercising.

B STUDIOS FITNESS PRESENTS 5 HOME EXERCISES FOR POSTPARTUM MOTHERS

Here are five home exercises for postpartum mothers by Instructor Shin. What are you waiting for? Get your doctor's 'yes', grab a mat and work that mummy body!

Do 4 sets of each 10 reps, take rest between each set.

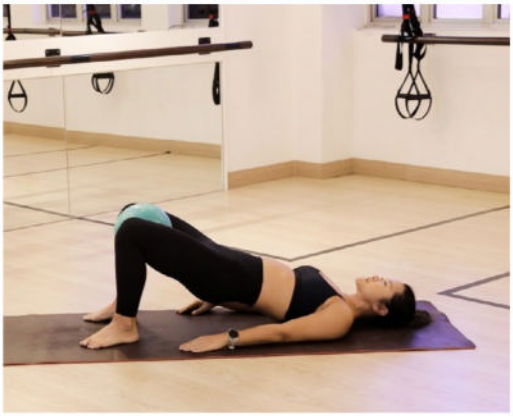
EXERCISE 1: GLUTE BRIDGE

1. Lie on your back on a mat.
2. Bend your knees at a comfortable distance.
3. Push your hips upward while exhaling.
4. Squeeze your glutes (buttock muscles) together.
5. Come back down.

EXERCISE 2: GLUTE BRIDGE WITH BALL

1. Lie on your back on a mat.
2. Place a pilates ball, cushion or pillow between your thighs.
3. Squeeze the ball while exhaling.

Once you have mastered Step 4, proceed to do a glute bridge with a ball as shown in Exercise 1.



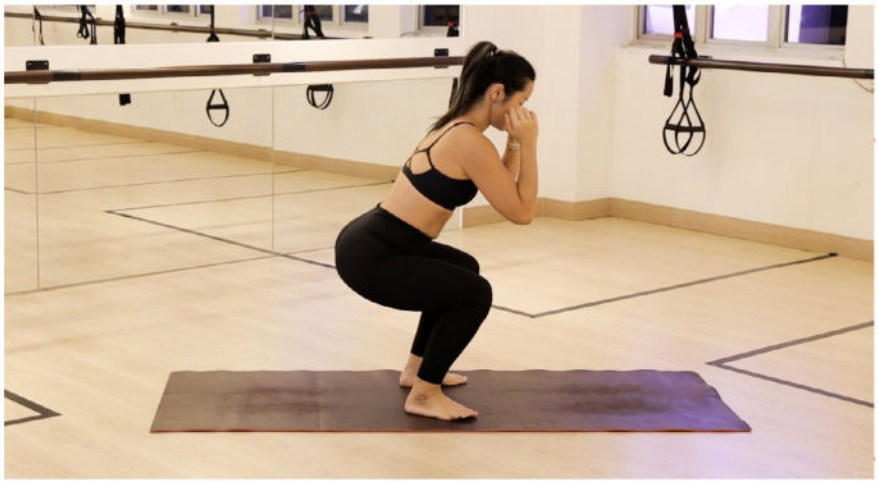
EXERCISE 3: SIDE PLANK

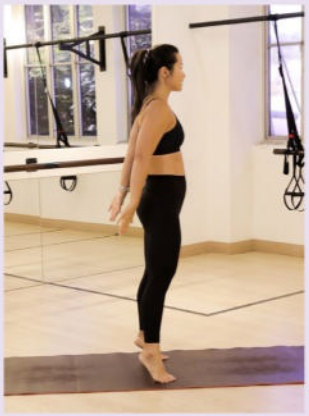
1. Lie on your side on a mat.
2. Position your elbows under your shoulders.
3. Bend your bottom knee and keep the other knee straight.
4. Push yourself up using your obliques (waist muscles) while exhaling.
5. Keep your body straight and hold this position for 20 seconds.
6. Repeat these steps on the other side.

EXERCISE 4: BODY WEIGHT SQUATS

1. Stand with your hands on the back of your head and your feet at hips width apart.
2. Roll your shoulders back and look upright.
3. Squat down as if sitting on an imaginary chair.
4. Bend your knees in the direction of your second toe.

Once you are comfortable with Exercise 4, proceed to master the alternative workout as shown on the right (Alternative: Squats with Heel Raise).





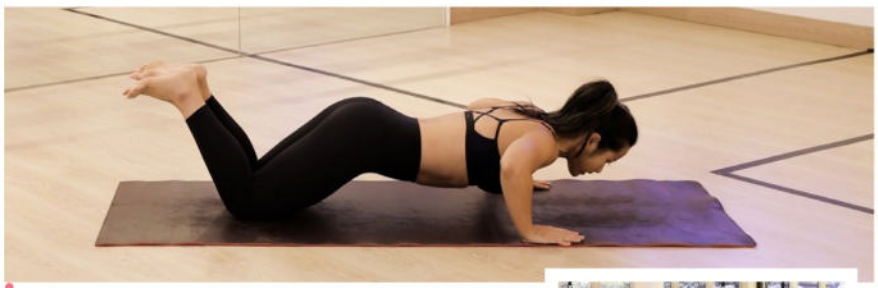
ALTERNATIVE: SQUATS WITH HEEL RAISE

1. Squat down.
2. As you come back up, raise your heels by tiptoeing.

EXERCISE 5: PUSH-UP

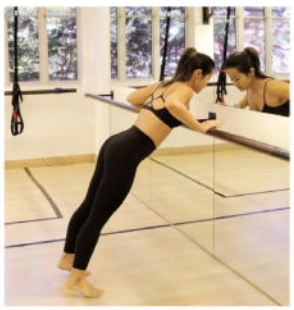
1. Go on all fours on a mat.
2. Rest your knees on the slightly 'fleshier' part, not on the bony part.
3. Place your palms about shoulder-width apart.
4. Keep your body straight.
5. Bring your chest down towards the floor.
6. Push yourself up while exhaling.

For those who are not ready to do a full-on push-up on the floor, you can use an elevation as shown in the alternative exercise below (Alternative: Push-up with Bar).



ALTERNATIVE: PUSH-UP WITH BAR

1. Grab a hold of a stable bar, sofa or table.
2. Keep your feet apart.
3. Push yourself down to your chest.
4. Push yourself up while exhaling.
5. Keep your body straight.
6. To increase the intensity, step backwards. Step forward to make it less challenging.



We also have a step-by-step guide on our YouTube channel, just scan the QR code below!

We hope you enjoyed reading the interview and following these exercises with Instructor Shin. If you're around the area, say hello to **B Studios Fitness** at:

Address: 42-2, Jalan Telawi, Bangsar Baru, 59100 Kuala Lumpur
Contact: 012-2069974
Website: *www.bstudios.my*

Or check them out on @bstudiosfitness (Instagram) and B Studios -Bumps Bubs & Burpees (Facebook). Happy working out, mums! ■

Sources: bellybelly, Cleveland Clinic

How healthy is your cup of coffee?

A caffeine handbook

By Isabel Andrew

Coffee. A one-word story.

We all have our own version of a cup of joe. Some like it plain, black and simple. Some prefer a whirlwind of flavours. One faction will run to the toilet after a cup. And another can't function without one.

So what's the science behind the love or hate relationship with this beverage? How healthy is your cup of coffee? We sought the help of a dietician, Reshmy Ranee to help break down the calories you're slurping on.

Coffee in Malaysia

Coffee has long made its way to becoming a part of our dawn to dusk. British lads laid the grounds for coffee and our Hokkien friends birthed *kopitiams* ('kopi' meaning coffee in Malay, 'tiam' meaning shop in the Hokkien dialect). Our style is, of course, quirky and should we say *more appetising*, than the rest of the coffees out there! Ours isn't brewed but prepared by pouring boiling water through a cloth filter. As we welcomed decades of urbanisation and adapted to bustling lifestyles, our caffeine addiction grew too. According to the Department of Statistics Malaysia, we have collectively downed 800,000 bags of 60 kg of coffee (Figure 1).

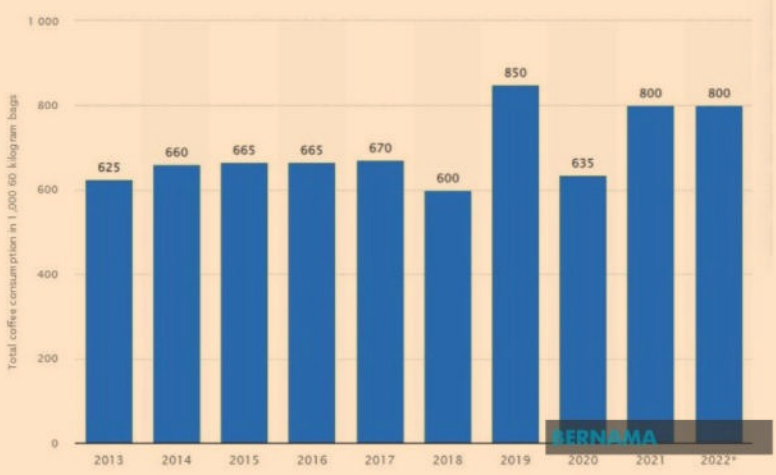


Figure 1: Total coffee consumption in Malaysia from 2013-2022 (DOSM, 2022)

Caffeine has proved to facilitate by giving your body a brief burst of energy and alertness. This improves motor and cognitive function, aids with focusing attention, increases response accuracy and more. Studies in the land of England and Japan display interesting results showing the benefits of little quantities of coffee and your sleep. If you drink coffee and then nap for 20 minutes or less, you're bound to have a shaper focus than if you just drank coffee or had a regular nap.

Coffee in its many flavours

Knowing your preference is key to a perfect cup of java. So here are a few famous types to try out:

Espresso coffee has it all in its name! It's the expressway to enhance productivity for the next couple of hours.

Bulletproof coffee or keto coffee keeps your insulin levels low enough to keep your body in a fat-burning state. Resulting in a balanced, non-nervous stimulation that lasts for hours.

Decaffeinated coffee still has caffeine! About 3% of caffeine is present, so if you're chugging 5 cups or more, you're just adding one regular caffeinated cup to your day.

Black coffee is as simple as it gets. Some rich ground coffee beans plus water can never go wrong.

Coffee is great but too much isn't. If you're feeling these symptoms, you should slow down on your caffeine:

- Jitters, restlessness, and nervousness
- Heart palpitations
- Nausea
- Anxiety
- Insomnia
- Dizziness

Calorie count

1 oz. = 30ml

Coffee

- Hot Expresso (solo): 5 kcal (coffee/ tea with no added milk or sugar has minimal kcal)
- Hot Latte (12 oz.): 176 kcal
- Hot Caffe Mocha (12 oz.): 290 kcal
- Hot Americano (12 oz.): 17 kcal
- Hot Cappuccino(12 oz.): 140 kcal
- Cold Cappuccino (12 oz.): 197 kcal
- Caramel Macchiato (12 oz.): 201 cal
- Cold Brew, sweetened (12 oz.): 130 kcal
- Original Cold Brew: 10 kcal
- Flat White (12 oz.): 118 kcal
- Long Black (12 oz.): 3 kcal
- Bulletproof Coffee (3 oz.): 100 kcal
- Mocha Frappé (12 oz.): 366 kcal

Toppings

- Whipped Cream (for 12 oz. drink)
  - Hot beverages: 62 kcal
  - Cold beverages:114 kcal
- Chocolate Chips (1 tbsp): 50 kcal
- Chocolate Syrup (1 tbsp): 56 kcal
- Sugar 1 cubes: 16 kcal
- Syrup (1 pump): 20 kcal
- Milk:
  - Skimmed Milk (12 oz.): 125 kcal
  - Whole Milk (12 oz.): 223.3
  - Soy Milk (12 oz): 195 kcal
- Cinnamon (1 tsp): 3 kcal
- Vanilla Ice Cream (1 scoop): 137 kcal
- Marshmallows (4 large): 92 kcal
- Tapioca Pearls or Boba (1 tbsp): 25 kcal

Americano

Latte

Espresso

Flat White

Frappe

Mocha

Macchiato

Cappuccino

Long Black

Cold Brew

Bet you didn't know...

- **ZUS Coffee** is Malaysian-made! The coffee chain plans to extend over 180 stores by the end of 2022.
- Coffee's better half, tea also has its Malaysian alias – **Tealive**! Opening its first outlet in the United Kingdom, the local boba provider is now available in Vietnam, the Philippines, Australia, and more. ■

Sources: Department of Statistics Malaysia, Bernama

Red flags to avoid with a travel agency

Seek and you shall find

By Isabel Andrew

Some 380 prospective Haj pilgrims went to bed thinking they could finally land on the holy grounds of Mecca. Little did they know that Kuala Lumpur International Airport (KLIA) would be the furthest they would travel away from home. In July 2022, these Malaysian pilgrims were victims of a fraudulent travel agency.

According to one of the pilgrims, they were given false flight timing to Jeddah, Saudi Arabia. Even the dates were pushed back several times on the grounds that some documents were still incomplete. The group was never physically shown their flight tickets and visas to perform the Haj. All this while, not a single representative of the travel agency came forward to clarify and solve the complications caused.

Have you ever experienced similar misfortunes? Maybe a little too many times?

Well, that might just be the universe prompting you to stop whatever you're doing and read what we have to share on all the red flags to look out for when booking a trip with a travel agency!

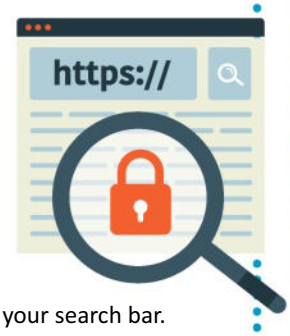
How does online travel fraud work?

Fraud is generally a malicious or criminal deception intended to result in personal or monetary gain. Scammers are always up to date with various online schemes to deviate you from getting to your destination with a full wallet. These scams work by driving you to potentially malicious websites that can be used to install malware, steal your personal information and can end up costing you thousands.

Here are some red flags to watch out for:

When you're online,

#1
The website is not secure



The basic rule of thumb when clicking on a link is to check whether there is a closed padlock on the left-hand side of your search bar. If you have an ad-blocker installed, you would be prompted with a warning to proceed with caution on the site.

#2
The site or the payment method is unfamiliar

This is where your subconscious can come in handy. The majority of trusted travel businesses would spend a ton on advertisements from online platforms to trains and buses. So if you feel like you've never heard commercials or online posts with the name of that site anywhere or don't recognise the payment method used, run! Avoid dealing with third-party sites, go straight to a hotel or airline's website to be safe.

#3
Customer service phone numbers are hidden

Travel agencies are happy to answer your queries. So calling, texting, or even emailing should be a breeze, if you're contacting established agencies. If it takes more than two clicks to locate some help, do yourself a favour and exit that tab. This unfriendliness could cost you headaches if there were issues with future bookings and travels.

When you're flying,

#1
The legroom isn't advertised

An ethical airline should provide information regarding legroom even before booking the tickets. This trivial yet important detail shows that they prioritise their passenger's comfort and flight experience. It also gives you a glimpse of the standards they set for themselves as a brand.

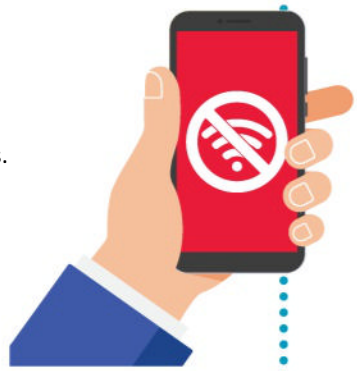
#2
Lost luggage policy

Every traveller's worst nightmare is losing their belongings that were so meticulously planned and packed for the holidays. A responsible airline will take it upon itself to reunite you with your luggage or reimburse your essentials if you're ever in that dire situation.

#3
The planes are old

We've all heard spine-chilling tragedies of planes that take off and, well never see daylight again. This could partially be due to ageing parts of the plane. Besides safety reasons, smaller bathrooms, tacky cushions and undermaintained features can result in a stressful vacay journey

#4
There's no WiFi



Life without wifi is oxygenless. Planes without wifi are birds without wings. Clever airlines would fit their planes with strong internet connectivity because they know this is important for all.

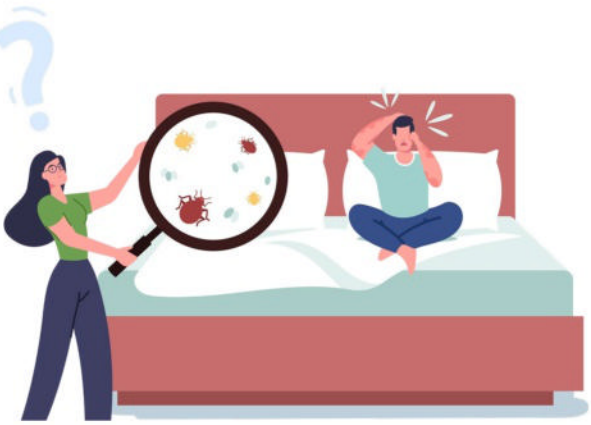
When you're lodging,

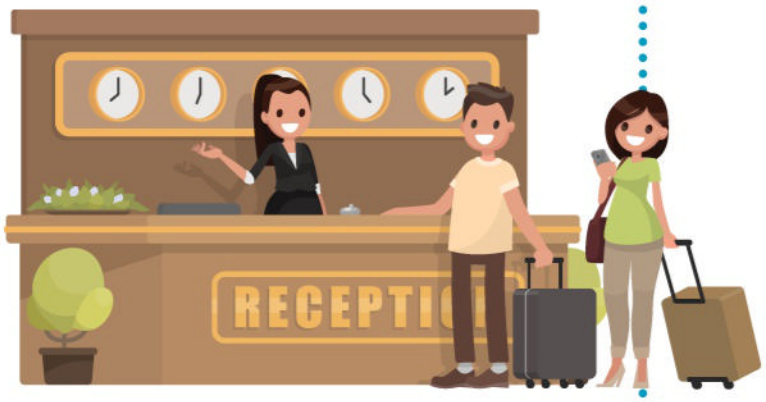
#1
The photos are doctored

Firstly, take a good look at the photos of hotels on the website. “Hotels with a good reputation and nothing to hide will ensure that the quality of their photos is professional, accurate and not overly edited,” says Janet Semenova, co-founder of Boutique Travel Advisors. Look beyond what you can see. Sometimes it’s the photos that are not there that speak the truth. Websites should host a gallery of images depicting each room – spanning from the front door to beds to bathroom and closet space.

#2
High-pressure sales via phone or email

Booking vacation rentals without physical meets are often a convenient method for hotels to ensure that their customers are doubt free of the services provided. Therefore, the policy should be to take care of you, the customers and your needs. Hotels should not be coercing you into confirming a reservation or even hanging up on your requests.





#3
There have been bed bug sightings

Nowadays, kind souls have come up with websites that allow you to rate hotels for their bed bug predicaments. Read reviews of the hotel on a couple of websites, you'll be surprised at the secrets a few clicks can reveal.

#4
Safety measures are lax

Hotels have policies to protect their customers, thus it's your right to feel safe and have your belongings secured. Observe the location of the hotel. Keep an eye on the reception desk to see if the hotel staff are careful of who enters and leaves the building.

Now that you know...

Here are some green flags in a good travel agent:

#1

Experience is important

Travelling to a foreign destination can be taxing, considering all the preparation travellers have to make before, during and after a trip. So leaving the actual travelling part to an expert could ease your burden. Experienced travel agencies will always provide the best tour guides and further assistance when asked. Their local expertise in the language, culture and streetwise will give you a wholesome experience.

#2

Work with a professional travel agency

Documentation is a crucial aspect to settle weeks or even months before a vacation. Professional travel agencies should be aware of local and international travel policies and regulations. They can aid you in preparing the necessary passport information, visas, tickets and more. A well-versed agency could even help out with transport and accommodation services too.

#3

Certifications show commitment

These days, social media is the cheapest, fastest and in-demand marketing tool. Travel agencies with aesthetic Instagram feeds and attractive websites clearly put a lot of thought into their brand image. With much success, they should be awarded a couple of certificates and some recognition. However, don't be fooled by flashy promotions and empty promises.

Travelling is back in the game. As vital as it is for us to spend a day or two away from our bustling lives, it's paramount that we enjoy a safe getaway. Remember to stay happy and travel safely! ■

Sources: Reader's Digest, The World Tourism Organization, Forbes, Ministry of Tourism, Arts and Culture Malaysia

HEARTY SOUPS

Comforting soups for the urban soul

By Edeline Anne Goh

Hearty chicken soup

Cream of spinach

A warm bowl of hearty soup is a great companion for every moment in life – celebrations, heartbreaks, me-time and especially when you've the sniffles. Soups are easily available in processed forms such as powdered or condensed in a tin but it is the home-cooked favourites that are packed with natural flavours and nutrients.

The best part of cooking your own pot of soup is that you don't need to worry about excessively high sodium content and you have the flexibility to add your favourite ingredients! This month, we share a simple soup recipe, which can also be turned into a creamy soup for the family.

HEARTY CHICKEN SOUP

INGREDIENTS

2 kg	Chicken, cleaned and chopped into pieces
3	Carrots
1	Yellow onion
100 g	Shimeiji mushroom
1 ½ litres	Filtered water
1 ½ tsp	Salt

METHOD

1. In a deep pot, bring water to boil.
2. Then reduce the flame on your stove and add chicken, carrots and yellow onion.
3. Boil about an hour and then, add Shimeiji mushroom and boil for another 30 minutes.
4. Lastly, add salt to taste and enjoy immediately.

CREAM OF SPINACH

INGREDIENTS

1 portion	Hearty chicken soup
150 g	Baby spinach
3 tbsp	Cream
Salt	
Black pepper	

METHOD

1. Remove any bones from the chicken soup and cool to room temperature.
2. Then, in a blender, blend small portions of the soup together with the baby spinach until a smooth and thick consistency is formed.
3. Return the blended soup to a pot and bring to a boil. Lastly, add cream and season with salt and pepper if necessary.

NOTE: If you may turn any leftover soup into a cream of spinach soup with this simple recipe! ■

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